

Fork in the road

The Air Force is helping airmen separate or leave active duty through the Palace Chase program. See how force shaping can work for you.

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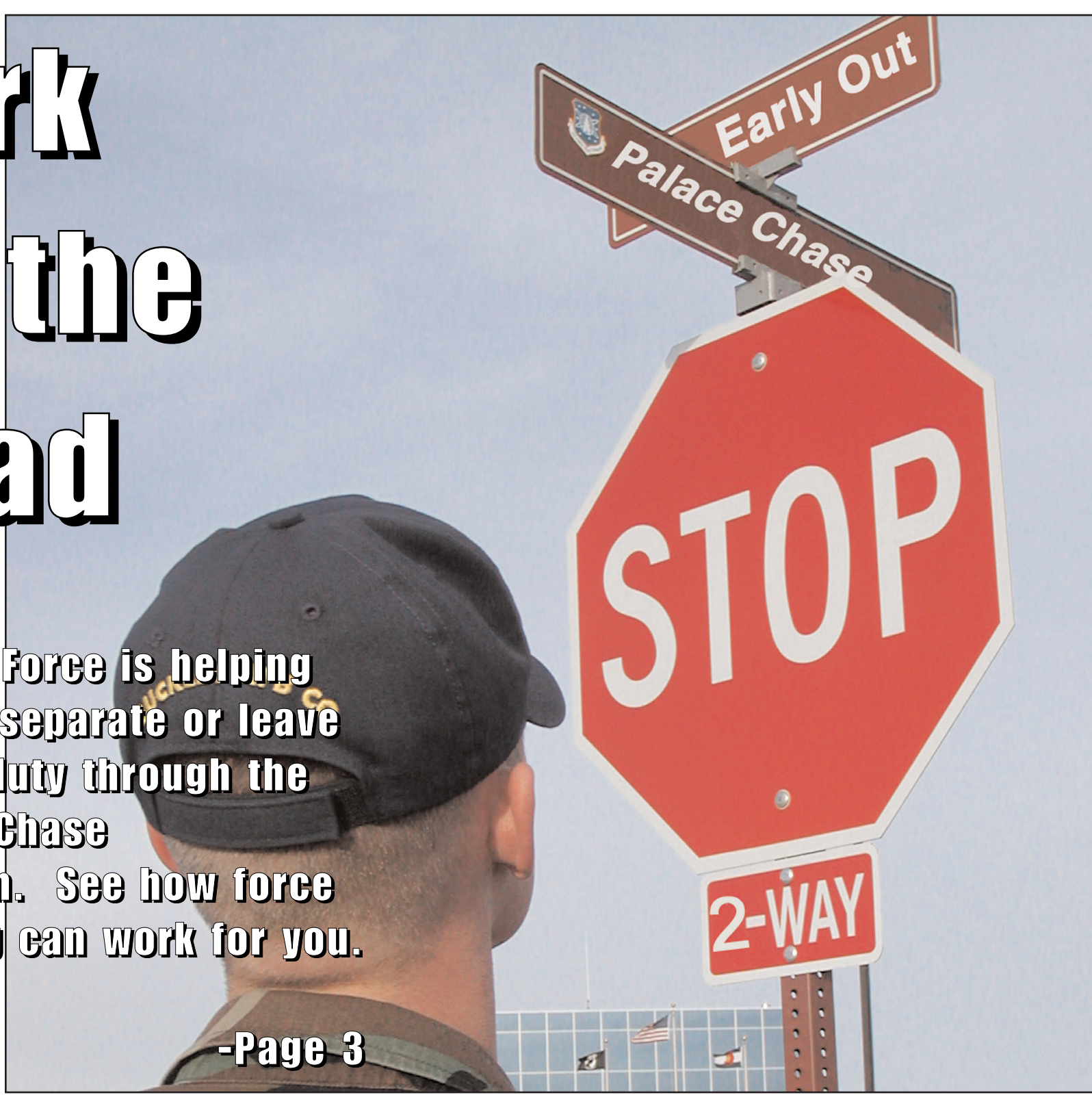


Photo Illustration by Staff Sgt. Christine Castillo

Let your military family do the cooking



Buckley offers spouses of deployed members a chance to eat, socialize and relax once a month without the stress of clean-up.

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Blotters

See what new events unraveled this week to make the 460th Security Forces Squadron Blotters.

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Buckley Viewpoint: You are your first priority

Buckley Viewpoint

Service starts with taking care of number one

By Lt. Col. Paul D. Bauer
Commander, 460th Mission Support Squadron

This week, I had the privilege of waiting at the Charlotte airport while the worst storm in 100 years blanketed some areas of the Carolinas with over 17 inches of snow.

After 15 hours of playing spades, visiting every gift shop in the airport and numerous cups of coffee, we finally walked through ankle deep slush to board a plane headed for Columbia, S.C.

As crews sprayed down the aircraft with deicer, the flight attendant began her all too familiar pre-flight patter. But, for some reason, I actually listened this time. What struck me was the part about putting on my own oxygen mask first

before assisting anyone else. It made sense! While you are selflessly helping another, you could easily pass out from lack of oxygen and be of no help to anyone.

We are deep into the Air Expeditionary Force cycle and one of the most stressful times is the period between being notified of your deployment and actually leaving. With worries about the family, personal safety and job considerations, the deployer is often pulled in many directions.

It is during these times that it becomes increasingly important to take care of yourself. The Air Force doesn't give much recognition for being self-indulgent, but being there for others (and our country) requires that we take excellent care of ourselves.

Here are a few suggestions to

help you through these tough times.

- Although it is important to keep up-to-date on what is happening with the Middle East conflict, give yourself some time away from watching television and listening to news broadcasts. Try to find a balance between keeping informed on what you need to know and keeping some distance.
- Keep your routine as normal as possible. Go to work, attend church and visit with friends. Also, make sure you keep up with your exercise program.
- Know that you are not the only one going through this. It sometimes helps to know that this is a shared experience.
- Recognize your feelings. Pushing your feelings aside may not be the answer. Accept that your emotions may go up and

down for a period; this is normal.

- Deal with your anxiety in a non-destructive way. Don't take it out on others or yourself.
- Don't isolate yourself. Stay connected with your usual support systems. Keep in touch with family, friends, neighbors, co-workers, and religious or spiritual leaders.
- Try to eat and sleep regularly, even if you don't feel like it.
- Accept help from others. This is part of being human and is not a sign of weakness.
- Remember to do something that you enjoy. It is okay to smile and be happy. It helps to make you feel better, and it lets your family know that they can feel happiness too.

You owe it to yourself, those you love and our great Air Force to take good care of your most valuable resource -- you!

Action Line

677-6887

newspaper@buckley.af.mil



Col. Allen Kirkman Jr.

Q: I am a Defense Finance Accounting Service Denver employee at the Buckley Annex and have a handicapped placard and should be able to park in a handicapped parking space at Bldg 444. I work closest to the west entrance and try to park near there. Since there is no official policy in place, people are parking in handicapped spaces without handicapped license plates or placards. This happens more frequently in inclement weather. During those times, it's harder when you're handicapped to walk into the building through snow and ice. On several occasions, I have been unable to find a space because healthy, able-bodied people are parking in handicapped spaces.

I have contacted security and they tell me they can't do anything because an official policy isn't in place. People in my position have to struggle with this every day.

Could you please take action on this? I would love to be able to walk in without pain, but that isn't the case. If I were to fall, Worker's Compensation would get involved.

R: Thank you for your inquiry. You are correct in saying that the Buckley Annex official parking policy is in transition. You aren't correct to say there is no policy. A new policy is being finalized for the Annex and then will be presented to the DFAS and ARPC unions. Until then,

the old policy for handicap parking is still in effect. That policy is clear (DFAS-DE SOP 4500.1) -- only those with handicap stickers or placards are authorized to park in handicap spaces.

What has changed from the old policy is that we have done away with the policy of Buckley personnel immobilizing cars in handicap spaces without authorization. Our substitute enforcement will involve traffic wardens and a point assessment program against installation driving privileges. Repeat offenders will have installation driving privileges suspended or revoked. Unfortunately, until the new enforcement policy can be bargained with the unions, we are seeing violators take advantage

of this enforcement void.

In the meantime, you should still report violators of handicap parking to the City of Denver police. There are city laws violated by parking in a handicap spots without proper permits (Denver Code of Ordinance § 54-482), and those laws are applicable on the Buckley Annex. If you are a bargaining unit member, you may contact your union representative and let him or her know you would like to see the new policy become effective as soon as possible. The sooner the implementation of the enforcement policies are bargained, the sooner we can deal with offenders. Thanks again for your question.

MILE HIGH GUARDIAN

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To reach us, call 303-677-9431, fax at 303-677-6887 or email us at newspaper@buckley.af.mil.

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Space History

March 1973 - The first returning Prisoners of War from the Vietnam War arrived at Buckley Air National Guard Base.

March 1, 1951 - The Air Force established its northernmost operational base. Thule Air Base, Greenland, is 690 miles north of the Arctic Circle.

Force shaping -- what can it do for you?

By Staff Sgt. Christine Castillo
460th Public Affairs

Force shaping is the Air Force ‘catchphrase’ of the year. And it’s no wonder, with Air Force officials touting the long-term benefits. Guard and reserve recruiters visiting each base to pitch their spiel and coverage in base papers with numbers and percentages trying to explain what it will do for our Air Force.

But what is it really about? What can it do for you?

Airman 1st Class Joseph Salgmoiraghi, 566th Information Operation Squadron is an airman who needed more information. He’s been at Buckley for almost two years, had some trouble finalizing his security clearance but still wanted to stay in the military. To get the whole picture, Airman Salgmoiraghi met with Senior Master Sgt. Bob Schwanke, Team Buckley’s Career Assistance Advisor and Master Sgt. Lloyd Sparks, Colorado Air National Guard recruiter. There, he was able to ask questions, maybe plan out his future a bit better and make decisions knowing all the facts.

Airman Salgmoiraghi’s first question was about the Career Airmen Reenlistment Reservation System (CAREERS) Program.

The CAREERS Program is a program that enables four-year

enlistees between their 35-43 months in service to apply for retraining. The six-year enlistees’ window is between his 59-67 months in service.

Unfortunately for Airman Salgmoiraghi, he hasn’t reached his eligibility window yet for the CAREERS Program. But it’s still an option for the future.

Another question Airman Salgmoiraghi had was about the Palace Chase Program.

One of the focal points to Force shaping is the Palace Chase Program. According to Sergeant Schwanke, Palace Chase has many facets but the portion that force shaping is concentrating on is airmen applying for separation in the active-duty Air Force but only if they commit to service in either the Guard or reserve components. One of the selling points is that both the Guard and reserve are allowing airmen to apply for Palace Chase early, starting at the two-year mark.

All it takes is the submission of a Palace Chase application to your local military personnel flight or the Guard recruiting office to process all of the necessary paperwork, said Sergeant Schwanke.

According to Air Force Link, 1,250 airmen have applied for an early out through the force shaping program. Of that, only 289 applications have been approved for either early retirement, early separation or



Photo by Staff Sgt. Arian Nead

Senior Master Sgt. Bob Schwanke and Staff Sgt. Dennis Derwacter go over an application for the Palace Chase Program. Force shaping is slated to end March 12.

the Palace Chase Program.

Because of the low numbers, the Air Force is looking at extending the deadline for applications, according to an article in the Air Force Times.

After getting all the answers he desired, Airman Salgmoiraghi now has the information to enable him to make the ‘informed decision’ about his future.

Deployed Spouses’ Dinner offers meal, support for family

By Airman 1st Class
Chris Smith
460th Public Affairs

Military members often leave husbands, wives and children behind in the event of a deployment. Although their families must stay behind, members can be comforted in knowing support is available for their loved ones.

Some of the many things the Family Support Center (FSC) does to boost the morale of deployed members and their families during a deployment include giving the members calling cards, making monthly welfare calls to the family, sending out a quarterly deployed spouses’ newsletter and even sending home videos to the member at his or her deployed location.

On top of all the programs the FSC offers to boost morale of deployed members’ families, the FSC holds Deployed Spouses’ Dinners once a month in an effort to support spouses and children of deployed members by providing a meal and letting them



Photo by Airman 1st Class Chris Smith

The spouse of a member who was deployed looks at her dozing baby during a past Deployed Spouses’ Dinner. The dinners help spouses have fun and socialize while spouses are deployed.

socialize with other families in the same situation.

The idea to have these dinners came from Buckley’s own Master Sgt.

Curtis Brown, FSC family readiness program manager.

“The Deployed Spouses’ Dinner is an opportunity for (families)

to, once a month, share an evening with other families in the same situation they are,” said Sergeant Brown.

The dinners are the second Tuesday of each month at 6 p.m. in Bldg. 606, in the auditorium. During dinners, attendees will probably find different kinds of food each time, according to Sergeant Brown. Sometimes there is pizza or salad. They occasionally even have themes like a ‘Chili Night’ or ‘Spaghetti Night.’

People can even bring food to the dinners if they’d like, but Sergeant Brown said it’s not necessary or even requested.

“They should leave the food to the sponsors,” the

-See Dinner, Page 4

The next Deployed Spouses’ Dinner is scheduled for Tuesday, Bldg. 606 in the auditorium at 6 p.m. and is open to all military branches. For more information, contact Master Sgt. Curtis Brown at 303-677-9431.

Air Force Assistance Fund set to kickoff March 15

By Gen. Lance W. Lord
Commander, Air Force Space Command

PETERSON AIR FORCE BASE, Colo. – March 15 marks the start of a special time of year where we all have an opportunity to help our own Air Force family. It is the beginning of the Air Force Assistance Fund (AFAF) campaign. Occasionally Air Force people find themselves in difficult and often unexpected situations where they need financial help. The Air Force

Assistance Fund provides direct support to people in need through four Air Force charities: The Air Force Aid Society, The Air Force Enlisted Foundation Inc., The Air Force Village Indigent Widow’s Fund and The General and Mrs. Curtis E. LeMay Foundation. These charities have supported active-duty, reserve, Guard, retirees, surviving spouses and their families for over 30 years. During the past year, Air Force Space Command personnel contributed \$350,000 to the AFAF,

with 100 percent of the donations going to the charities. At the same time, AFSPC people received more than \$1.2 million in assistance from the Air Force Aid Society alone. I hope this year we can continue to do our part to ensure any struggling AFSPC member has the needed support to take care of their children, stay in touch while deployed or handle an emergency. In addition to benefiting AFSPC personnel, your compassionate generosity helps more than 30,000 members of the Air Force

worldwide. I know there are lots of different pressures and it’s sometimes difficult to part with hard-earned money, but please help support an organization whose sole purpose is to help support you and your Air Force family. Beccy and I urge you to personally make a difference by contributing to the Air Force Assistance Fund. Let’s make this year’s AFAF campaign the best ever. Thanks for all you do.

From *Dinner*, Page 3
sergeant said. “The whole idea is for one night to not have to cook or clean — just enjoy themselves. They can take the opportunity to relax for a night. Just bring an appetite.” One benefit of attending the spouses’ dinners is what the FSC does for the children, according to Sergeant Brown. During every spouses’ dinner, half of the room is blocked off from the other half to play a movie for the kids. While the movie is playing, parents can socialize with other parents. “The fun part is that sometimes the kids don’t want to leave and I think that’s quite an accomplishment,” Sergeant Brown

said. He also said sometimes kids get disappointed that they don’t get to do it more often. Another fun part of the dinners is the ‘woo-hoo’ tradition when a family is awaiting the return of a deployed member who will be back before the next spouses’ dinner, according to Sergeant Brown. When the families are coming to the last dinner before the deployed member returns, attendees ‘woo-hoo’ them to congratulate them on the upcoming return of the spouse or parent. Sergeant Brown said sometimes there might be 20 families or family members at the dinners, sometimes only two or three. “Those times with only

two or three families, you could see they needed it. You could look in their eyes and see it,” he said. Although the main attendees at the dinners are the spouses and children, the dinners are not limited only to them, according to Sergeant Brown. Many times brothers, sisters, parents and even significant others of deployed members have been able to attend the dinners with advance notice to the FSC. Sergeant Brown begins calling families and significant others of deployed members the week before the spouses’ dinners to find out how they’re doing and to inform them of the upcoming dinner. At this point, significant others and

family members who don’t have authorization to get on base can request Sergeant Brown or a sponsor from the spouses’ dinner to escort them on base for the dinner. Mr. Mark Gumbiner, FSC chief, said he believes the dinners are an important way for families of deployed members to come together, socialize and relax with others in the same situation. “It’s important for the deployed spouse to know a support system exists for them,” said Mr. Gumbiner. “Our monthly dinner provides a break in their month to come together, finding comfort and fellowship from others who are facing similar issues in a relaxed

social environment.” Sergeant Brown said the gratitude shown by families as well as the members when they return from a deployment is what makes Sergeant Brown love his job, he said. “I do have members come by and say ‘thanks for being there while I was gone,’” said Sergeant Brown. “That’s better than any medal. That’s a huge compliment and it’s a good sense of satisfaction — it’s why I enjoy doing this.” What the FSC tries to help families realize is that although they might not have their immediate family member there, their military family is still there to support them and lean on in times of need.

Blotter Entries

Damage To Private Property

Location: Bldg. 1005, Parking Lot
A Buckley civilian notified the central security control desk that someone damaged his vehicle. One patrol was dispatched. The complainant noticed damage to his vehicle several days after the incident occurred. He believed a snowplow hit his vehicle during that time frame. Security forces obtained a written statement from the individual.

Emergency Response

Location: Bldg. 401, Aerospace Data Facility
The fire department notified the law enforcement desk that an engine was responding to Bldg. 1 for a male complaining of dizziness. One patrol was dispatched. The individual was treated on-scene by the fire department and transported to a local medical facility.

Shoplifting, Simple Drug Possession

Location: Bldg. 1, Base Exchange
Base exchange security notified the law enforcement desk that he followed four shoplifting suspects through the BX parking lot who refused to stop. Two individuals were seen walking toward the Telluride Gate and the other two

entering a red vehicle. Four patrols were briefed and dispatched. Stop, check and pass was initiated at all installation gates. The vehicle in question was stopped in the BX parking lot. The Telluride Gate entry controller detained two individuals. All individuals were transported to the BX security office. Security forces conducted a search of the suspects and revealed a clear plastic baggie containing a green leafy substance believed to be marijuana. No other evidence was found. A security forces investigation revealed that the individuals took four pairs of shoes, a bottle of perfume and a purse. The individuals were released into the custody of their guardians.

Shoplifting, Theft Of Services, Unauthorized Base Entry, Drug Paraphernalia

Location: Bldg. 1, Base Exchange
Base exchange security notified the law enforcement desk of two shoplifters at Bldg. 1. One patrol was dispatched. Base security stated that the two individuals took three cartons of cigarettes, one box of razor blades and one box of cold medicine from the commissary. The suspects were asked if they had stolen any DVDs from the BX and they admitted that they had. Two

patrols were dispatched to assist. Security forces conducted a sweep of subjects’ vehicle and located one DVD and one music CD. During a simple frisk of one of the individuals, security forces found two glass pipes with a residual substance believed to be crack or cocaine. Two individuals were transported to the law enforcement desk, advised of their rights and both made a statement admitting to theft. The Aurora Police Department administered a drug test on the residue of the pipe, which tested positive for cocaine. Further questioning revealed that one of the individual’s had used her sister’s dependent ID card to gain access to the installation. One individual was issued three citations; the other issued two. Additional information pending further investigation.

POV vs. POV

Location: Bldg. 1, Parking Lot
The fire department notified the law enforcement desk of a minor vehicle accident in the parking lot of Bldg. 1. One patrol was dispatched for assistance. The driver of vehicle one was driving south through the parking lot when the driver of vehicle two turned out of a parking spot without looking first. Vehicle two hit vehicle one on the

rear passenger side. The individuals completed minor vehicle accident worksheets.

Emergency Response

Location: Bldg. 606, Military Processing Facility
The fire department notified the law enforcement desk that personnel were responding to Bldg. 606 for a medical emergency. One patrol was dispatched for assistance. The victim was treated on scene by the fire department and was transported to a local medical facility.

Suspicious Activity

Location: Bldg. 667, Youth Center
Defense Finance Accounting Service security notified the law enforcement desk of two individuals driving a station wagon in circles in front of Bldg. 667. When DFAS security approached the vehicle and requested identification one occupant produced a photocopy of a Social Security Card, and was apparent that the card had been altered. The Office of Special Investigation and Denver Police Department were notified and responded. The individuals were released because they had no other identification.

Community activities center to host Casino Night

By Ms. Kristen Speck
460th Services Division

Plane ticket: \$140; night in hotel: \$99; buffet dinner: \$25; the opportunity to skip Las Vegas and take your chances on a black jack table here: priceless.

Join the Buckley Community Activities Center on April 16 at 6 p.m. as they bring the atmosphere of Las Vegas to our own backyard during Casino Night.

“We are always brainstorming new ideas for activities and events,” said Ms. Tamiko Thomas, community activities center director. “The casino games were so popular during last year’s base picnic, that we thought it would be great to bring them out again.”

The services team is hard at work making sure all of the details are in place so when the doors open, you might feel like you have stepped into a new world. For \$15,

individuals who are 18 years old or older are welcome to join us for a social hour beginning at 6 p.m. with a complimentary drink coupon and appetizers.

At 7 p.m., the doors will open for participants to try their hand at some of the most popular card and dice games. Blackjack, poker, roulette and craps tables will cover the community activities center floor assuring that there is something for everyone. Beverages will

be available for purchase throughout the evening. Casino Night would not be complete without prizes.

Because it is not always easy to schedule a night for just mom and dad, childcare will be provided throughout the evening at the community activities center.

For more information on Casino Night or any other community activities center events, contact Tamiko Thomas at 303-677-9337.

Personnel services now available on AF Portal

RANDOLPH AIR FORCE BASE, Texas — The days where people need to remember numerous user IDs and passwords for basic online personnel services are coming to an end thanks to the Air Force Portal.

“The portal is a powerful tool,” said Col. Gregory Touhill, director of personnel data systems at the Air Force Personnel Center here. “We took the personnel applications our military and civilian employees use most often and made them accessible via the portal.”

Among those accessible on the portal are virtual out-processing, retraining vulnerability lists, civilian employee career briefs and the Employment Benefits Information System.

“Now, an airman deployed anywhere in the world has access to his or her personnel records through the portal,” he said. “Especially with so many high-demand applications available, it’s time everyone got an account.”

By logging on to the Air Force Portal, users will have “reduced sign-on” access to 14 of the most used personnel Web services, like the virtual military personnel flight and civilian employment pages that enhance mission capability for today’s warfighter, said the colonel.

The Air Force Portal is located at www.my.af.mil.

“Users won’t have to remember several passwords and input them every time they want to get into a particular application anymore,” Colonel Touhill said. “Instead, airmen can log into the portal when they come to work and use the available applications all day long.”

The military personnel-related areas now available include:

- ❑ Virtual military personnel flight.
- ❑ Air Force Officer Qualification Test score.
- ❑ Military Personnel Data System status web site.
- ❑ Reporting an instance of

production password change utility.

- ❑ Reserve Management Vacancy System.
- ❑ Retraining vulnerability lists for the noncommissioned officer retraining program.
- ❑ Virtual out-processing.
- ❑ Web-based testing.

The civilian personnel-related areas now available include:

- ❑ Career brief.
- ❑ Electronic official Personnel Folder.
- ❑ Emergency Medical Data System.
- ❑ Employment Benefits Information System.
- ❑ Employment.
- ❑ Online Career Program registration.

Having reduced sign-on access from desktop computers to personnel information saves people from having to wait in line at their local personnel flight, Colonel Touhill said. Now for many of those services, users will not have to remember separate passwords, he said.

Because information is not enough...

THE AIR FORCE PORTAL

It's Essential!

- ✓ Reduce redundancy and aim for accuracy
- ✓ Find trusted info with ease
- ✓ Stay on top of the latest news
- ✓ Search across the AF enterprise
- ✓ Watch your productivity soar

Activate Your Account Today
<https://my.af.mil>

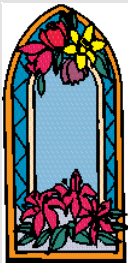
“We love the idea of helping people get the information they need to do their jobs quickly, securely and without the hassle and risk of maintaining a long list of passwords,” said the colonel.

The Air Force chief of staff has said he wants all airmen to establish a portal account by April. Establishing an account takes only a few minutes,

officials said.

Once logged into the portal, people can access the military and civilian self-service personnel features at the “Careers” tab.

For more information about the portal or any of the online applications, call the Air Force Contact Center at 1-800-616-3775. (Courtesy of AFPC News Service)



Worship Services and Religious Education

Protestant

Sunday: Bible study, 9 a.m.; Contemporary worship service, 10 a.m.
Tuesday: Aerospace Data Facility Bible study, 11:30 a.m. - 12:15 p.m., ADF

conference room C.
Wednesday: Singles dorm fellowship: 5 p.m., dormitory lobby.
Officer’s Christian Fellowship Luncheons are held every Thursday at 11 a.m. in the base chapel. This is a “brown bag” event so feel free to bring your lunch and join the fellowship

Catholic
Saturday: Confession, 2:30 p.m.; Mass, 3 p.m.
Other Faith Groups
Please contact the base chapel at 303-677-6411 for information on local and regional faith groups.
Special events
Fellowship luncheon: First Wednesday of each

month, from noon to 12:45 p.m for food, fellowship and a devotion in Mod. 1.
The commander’s National Prayer Luncheon is scheduled for March 16 at noon in the COANG dining facility. Tickets are \$5-10 depending on rank and are available from unit first sergeants and the Chaplains Office.

Buckley Chapel Schedule

Buckley Happenings

Family Support Center

Dept. of Labor Career Services

Every Thursday afternoon, a Department of Labor Veteran Job Service representative will be assisting veterans and transitioning military personnel with job search and resume review at the family support center from 1:30 to 4 p.m. For more information or to schedule an appointment, call 303-677-6694.

Resume Workshop

A resume workshop is scheduled for April 20 from 1-3:30 p.m. at Bldg. 606 in Room 113. The class is open to military personnel, their spouses and federal employees.

Register on the Buckley IDS webpage at www.php-ids.com

Services Division

Outdoor Adventures

If you enjoy rafting, hiking, mountain biking and all of the outdoor adventure Colorado has to offer, join the Services Outdoor Adventure Program as a volunteer. Necessary training will be provided and you'll get to enjoy the outdoors on us. For more information, call outdoor recreation at 303-677-6101.

Ski Trip

Join us for a day on the slopes at Copper Mountain Saturday. Get a group together and let us do the driving. We also have lift

tickets for sale and ski equipment available for rental to make getting out that much easier. We will head for the slopes at 7:30 a.m. Registration deadline is today. The cost for the trip is \$15 or \$22/\$28 with equipment rental. For more information, call outdoor recreation at 303-677-6101.

Snowshoe Trip

Experience the beauty of the Rocky Mountains while trying something new. Snowshoeing is an easy and fun way to get outside. A trip is scheduled for March 27. For more information, call outdoor recreation at 303-677-6101.

Extras

Buckley Thrift Shop

The Buckley Thrift

Shop is scheduled to open March 6 from 9 a.m. to 1 p.m. Consignments will be taken that day from 9 to 11:30 a.m., summer items only.

Contact the thrift shop at 303-677-7467 on Tuesdays and Thursdays for more information.

Snowmobile Trip

Services' Outdoor Adventure Program is going Snowmobiling! Join us for this opportunity to view Winter Park from a different perspective on March 14. Deadline for registration is Tuesday. The bus leaves at 7:30 a.m. The cost for the trip is \$20 with a lunch included. The price for the snowmobile rental is extra. For more information, contact outdoor recreation at 303-677-6101.

USAF Supervisor's Course

The Buckley Civilian Personnel Office is offering the Air Force Supervisor's Course for first-line civilian supervisors. This training will cover basic management, leadership and supervisory skills. This course will be offered March 9-11. Attendees will learn about goal setting, dealing with difficult people, understanding behaviors in the workplace, how to motivate and set performance expectations, interpersonal skills, managing conflict, creative problem solving, coping with stress, maintaining a safe working environment, leadership and more.

For more information, call Mr. Phillip Pohanec at 303-677-6372.

National Prayer Luncheon

Buckley's National Prayer Luncheon is scheduled to be held March 16 at noon in Bldg. 706. The guest speaker will be Chap. (Col.) Richard Hartwell, Air Force Space Command command chaplain. Tickets will be available through your unit first sergeant or the base chapel.

Ticket Prices
E-4, GS-5 and below: \$5
E-5 through E-8, GS-6 through GS-9: \$7
O-1 through O-2: \$7
GS-10 and above, E-9, O-3 through O-10: \$10

Tax Center Open

The Buckley Tax Center, located in Bldg. 730, is now open to all military personnel. The primary focus at this time is active duty members and their spouses.

For more information, contact Ms. Janet Russell at 303-677-6273.

High Frontier Dining Facility Menu (March 5 - 11)

Dining hours

Breakfast: 5:30 a.m. - 8 a.m.; Lunch: 10:30 a.m. - 1 p.m.; Dinner: 5 p.m. - 7 p.m.; Midnight Meal: 11 p.m. - 1 a.m.

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
LUNCH	Egg drop soup Pot roast Baked stuffed fish Roast loin of pork Oven brown potatoes Steamed rice Brown gravy Cauliflower combo Succotash Green beans with mushrooms	Creole soup Teriyaki chicken Veal parmesan Salmon cakes Filipino rice Parsley butter potatoes Mushroom gravy Fried cabbage Succotash Mixed vegetables	Cream of potato BBQ ham steak Turkey and noodles Beef ball stroganoff Boiled egg noodles Mashed potatoes Brown gravy Calico corn Spinach Lima beans	Tomato bouillon Herbed baked chicken Stuffed cabbage Southern fried catfish Mashed potatoes Black-eyed peas with rice Peas Sweet potatoes Chicken/turkey gravy Sweet potatoes Mixed vegetables	Italian garden soup Mexican baked chicken Swiss steak w/ tomato sauce Stuffed green pepper Baked macaroni and cheese Steamed rice Vegetable gravy Corn on the cob Spanish style beans Peas and carrots	Pepper pot soup Crispy baked chicken Cajun meatloaf Rib-eye steak Baked potatoes Mashed potatoes Brown gravy Broccoli French style peas Glazed carrots	Cream of broccoli soup Tuna and noodles Sauerbraten Chicken breast parmesan Au gratin potatoes Steamed rice Cream gravy Cauliflower combo Peas Fried cabbage
DINNER	Egg drop soup Chili macaroni Cannelloni beef Southern fried chicken Cottage fried potatoes Mashed potatoes Chicken/turkey gravy Steamed squash Glazed carrots French style peas Short Order: Grilled Polish sausage Steak and cheese sub	Creole soup Country captain chicken Meatloaf Turkey a la King Steamed rice Mashed potatoes Mushroom gravy Harvard baked beans Mustard greens Okra/tomato gumbo Short Order: Sloppy BBQ beef Roast beef sub	Cream of potato soup Lemon herb chicken BBQ spareribs Stuffed pork chops Scalloped potatoes Steamed rice Brown gravy Cauliflower combo Mexican rice Tempura vegetables Short Order: Cheese fishwich Monte Cristo sandwich	Tomato bouillon Roast loin of pork Jaeger w/mushroom sauce Cornish hen Potato halves Orange rice Chicken/turkey gravy Simmered pinto beans Corn combo Short Order: Cannonball sandwich Italian pepper beef sandwich	Italian garden soup Lasagna Spaghetti w/meat sauce Sweet Italian sausage Mashed potatoes Vegetable gravy Broccoli polonaise Cauliflower Italian style baked beans Short Order: BBQ pork sandwich Burritos	Pepper pot soup Fish Almondine Stir fry chicken with broccoli Pork chops w/ mushroom gravy Risque potatoes Rice pilaf Brown gravy Fried okra Short Order: Buffalo wings Hot Italian sausage sandwich	Cream of broccoli soup Ginger BBQ chicken Fried shrimp Seafood cocktail Spinach lasagna Orange rice Mashed potatoes Cream gravy Black-eyed peas Corn O'Brien Short Order: Cheese pizza Reuben sandwich

Star Performer

Name: Senior Airman Mary Clingerman

Unit: 460th Mission Support Squadron

Time in Service: 34 months

Duty Title: Commander’s Support Staff

Hometown: Albany, Ny.

Hobbies: Spending time with my family and going to school.

How do your day-to-day duties contribute to mission success?
The CSS provides personnel support to members of the squadron. As a result of assisting members with resolving their personnel related issues, they are better able to focus on their respective responsibilities in the unit.

If you could change one thing about the Air Force,

what would it be?
The one thing I would want to improve is morale and overall group cohesiveness. People seem to be losing their motivation to work as a team and build relationships with their coworkers. I believe the overall atmosphere of the Air Force would significantly improve, if people started to focus on overall mission accomplishment instead of just what their job specifically requires.

What has been your most memorable moment in the Air Force?
“MOPP 4, Alarm Red,” I never thought I would be hiding under my desk in full MOPP gear. Anyone who has gone through Basic Training within the last few years remembers war week, but I did not think I would be in full MOPP gear at Buckley. Although, I can say as unpleasant as it is to wear that gear, I have gotten much more comfortable



Photo by Airman 1st Class Chris Smith

Senior Airman Mary Clingerman spends her days supporting the 460 MSS commander and her nights with family and going to school.

with my ability to put it on and wear it correctly.

Duties, responsibilities and accomplishments:
The CSS provides personnel support on the squadron level. I assist

squadron personnel with processing leave, and temporary duty requests; manage the intro program. I am also a Weighted Airman Promotion System monitor, health care program manager, and the Unit Fitness pro-

gram manager. The CSS also updates member duty information, assignment preferences, and supervisor information via PC-III, as well as tracks and suspenses, EPRs, OPRs and decoration packages.

Crossword -- Women’s History Month

ACROSS

- 1. Lady
- 6. First woman elected to the US House of Representatives (1916)
- 11. Regretted
- 12. Killer whale
- 15. Craves
- 17. Stare
- 18. Condemn
- 19. Rubber
- 20. Blockade
- 22. Star Trek character
- 24. Woman who established first charitable organization for women
- 26. French cubist painter Fernand _____
- 28. Oklahoma town
- 29. Cash machine
- 30. Runner-up place
- 31. Lairs
- 34. First native born American woman to be made a saint (1809)
- 35. Military pay statement
- 36. Small restaurant
- 40. First woman elected mayor in America (1887)
- 41. Intimidate
- 43. Direction to NY from Texas
- 44. Beneath
- 45. Actor Vigoda
- 46. Part of a min.
- 47. Terminate
- 48. French lady (abbrev.)
- 50. First US woman with a medical degree (1849)
- 54. Wisconsin college
- 55. Type
- 57. First woman US governor—Wyoming (1925)
- 60. Italian three
- 61. Snakelike fish
- 62. Bet
- 63. First woman to win a Pulitzer Prize (1921)
- 64. Golf props

DOWN

- 1. Sag
- 2. Summer mon.
- 3. Singer Torme
- 4. Steinbeck novel, East of _____
- 5. First woman publisher in America (1766)
- 6. Aries sign
- 7. National radio network (abbrev.)
- 8. First US woman to receive a patent (1809)
- 9. Slight
- 10. Apollo 11 astronaut Armstrong
- 13. Bellow
- 14. Cohort
- 16. Ostracize
- 21. USAF Korea AB
- 23. Faction
- 24. Actor Sean of Sam I Am
- 25. Beware the _____ of March; Julius Ceasar
- 26. Confederate general
- 27. First African-American woman to receive a patent (1885)
- 30. Compass direction
- 32. Frequency used for video satellite feed
- 33. Each
- 35. Cyclist Armstrong
- 37. Ancient
- 38. Object
- 39. Duration
- 40. Center of the solar system
- 41. Competent
- 42. Affluence
- 43. Salamander
- 45. Women’s suffragist _____ Hadassah Smith
- 46. What Tommy Moe is
- 47. Woman’s magazine
- 49. Relieves
- 51. Actress Witherspoon of Twilight
- 52. Garnishment
- 53. Spoiled child
- 56. Dutch airlines
- 58. Single
- 59. Sault _____ Marie

